

## Aspetar's 16th "Healthy Ramadan" Campaign Brings Trusted Health and Sports Guidance to the Community



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Doha, Qatar – 24th February 2026: Aspetar has launched a series of initiatives under the 16th edition of its annual Ramadan campaign, “Healthy Ramadan”, as part of the hospital’s ongoing efforts to enhance health and fitness awareness throughout the holy month. The yearly campaign

aims to provide the community with reliable, science-based information in an engaging and accessible manner.

As part of the annual campaign led by the Marketing Department, Aspetar is sharing a series of daily awareness posts and evidence-based tips from Aspetar experts across local media and social media platforms. These posts address important scientific questions in a simple and accessible style throughout the month.

Mr. Khalid Al-Naama, Director of Communications and Marketing at Aspetar, said: “This year’s Ramadan campaign reflects Aspetar’s unwavering commitment to serving the community by delivering credible, science-based content that’s accessible to the public and athletes alike. We have diversified the campaign to include an updated and user-friendly scientific guide, a Ramadan meal plan, and innovative educational content shared via media and social channels. This variety ensures that accurate information reaches all audiences—from the public to recreational and professional athletes—reaffirming Aspetar’s leadership as a global source of trusted health and sports knowledge.”

Mr. Al-Naama affirmed Aspetar’s dedication to expanding and enriching the campaign year after year to reach more athletes and individuals, in line with the hospital’s mission to advance community health and enhance athletic performance.

As part of this year's campaign, Aspetar has unveiled an updated version of its evidence-based practical guide designed to support athletes and physically active adults during Ramadan. This updated and simplified guide helps the sports community maintain performance, recovery, and overall well-being throughout the fasting period, drawing on the latest scientific research.

The guide is part of Aspetar's ongoing commitment to supporting the sporting community during the holy month and promoting a culture of balanced and healthy performance.

It covers four key topics—nutrition, hydration, sleep, and training strategies for active adults—based on the latest scientific evidence. Aspetar researchers developed the guide, which was reviewed by leading international experts in Ramadan research to ensure the highest standards of scientific accuracy. The full guide is available on the Aspetar website.

The guide emphasizes the need for a balanced intake of essential nutrients during non-fasting hours to ensure adequate energy for training and recovery. It also underscores the importance of hydration as a crucial factor for performance, particularly for athletes.

Aspetar's guide explains that both pre- and post-iftar training offer benefits, though with different considerations. It also provides specific recommendations on sleep management, noting that athletes experience an average reduction of 60–88 minutes of sleep per day during Ramadan—making proper sleep planning critical.

Additionally, the guide warns against what it calls the “Majlis trap” – social gatherings where people may overconsume fried foods, desserts, and sugary beverages.

Aspetar also announced the release of a “free Ramadan meal plan”, designed by the hospital’s sports nutrition experts. The plan provides a practical nutritional guide from iftar to suhoor, complete with scientifically grounded recommendations to optimize health and performance during fasting hours.

In addition, through its scientific journal, Aspetar highlights the special Ramadan collection of the Aspetar Sports Medicine Journal, featuring peer-reviewed articles on fasting and physical activity – available for free download and reading on the journal’s website.

Throughout the holy month, Aspetar continues to deliver world-class medical and sports medicine services to major international sporting events hosted in Qatar, including global tennis tournaments and the CHI Al Shaqab – Longines international equestrian competition. The hospital will also provide comprehensive medical coverage for local community activities, such as the Ramadan tournaments of the “Al Kass” Padel and Football tournaments.